

training number one



# RESTORATION

P R A Y E R T R A I N I N G

# LISTENING TO GOD

*START with Opening Prayer (or Spiritual Warfare Prayer)*  
*WORK through Inner Healing Guide*  
*END with Sealing the Healing Prayer*

## OPENING PRAYER

Lord Jesus, Thank You that You came to bring healing to the broken places in my heart and to set me free from any areas of captivity. Thank you that you are so interested in how I am doing on the inside.

As I move into listening would You still and quiet my heart right now? Remove any distractions and help me to come fully present to You, the Father and Holy Spirit? I recognize there's a spiritual battle going on to control my thoughts and to keep me from experiencing you fully. I want to know you in your fullness. I want more of you.

In the powerful name of Jesus Christ, I command all other voices would be silent. I prohibit my own understanding, my analytical mind, my flesh, the world, and the devil from speaking or interfering in any way during this time.

I know You are present with me always but would You come in a very special way and manifest Your presence by communicating to me in profound ways? Come as my heavenly Father, as the Son who gave Yourself for me and as the Holy Spirit who knows and searches all things.

Lord, You know me from the inside out. Would You search me and know my anxious thoughts. Would you gently bring up any pain hidden below the surface that would benefit from Your healing touch and be appropriate for this time?

Free me from analyzing myself as I wait in silence for You to communicate with me in any way You please. I ask all of this in the name, authority, and power of Jesus Christ. Amen.

# INNER HEALING GUIDE

*Pray to whom you feel the closest: God the Father, Jesus, and/or Holy Spirit*

## REMAINING IN PRAYER

Ask Jesus, 'What is the area You would like us to focus on today?'

- an area of bondage where they do not feel fully free?
- a persistent painful emotion?
- an overreaction to a recent difficult event?

Give them a couple of minutes to listen.

Ask them to report any thoughts, a word, verse, picture or impressions.

If they say they are not getting anything, assure them that even if they get something faint or it doesn't seem to make sense, that they can share it and you will explore it together with God.

## THE EMOTIONS

Ask, 'Jesus, what is the underlying emotion during or before these events?'

*[Use the 'Emotion Chart' if they have trouble identifying emotions.]*

'God, would You help \_\_\_\_\_ **[name]** experience this emotion right now?'

## THE WOUNDING EVENT OR PATTERN

Ask, 'God, when was the first time \_\_\_\_\_ **[name]** experienced this emotion?'

Ask, 'God, would You gently take them back in time where this began?'

*[It could be an emotion, an event, a memory or a pattern they grew up with; ie. neglect, distant parent, abandonment, etc.]*

## CONFESSION/GIVING BURDENS TO JESUS

What are your underlying feelings toward God? Yourself? Others?

Invite Jesus into the memory or emotion.

Give any burdens pain, anger, and fears to Jesus.

You can ask Jesus if He would show them where He was in the emotion, event, memory, or pattern, etc.

## THE LIES

Have them ask, 'God, is there a lie I have come to believe because of this painful memory or pattern in my life? *(There may be several.)*

Ask them if they would be willing to renounce the lies?

### Prayer RENOUNCE LIES

In the name of Jesus Christ, I confess and renounce the lies I have come to believe **[name them]**. I humbly ask for Your forgiveness for believing and partnering with these lies. Thank You for forgiving me. I receive Your forgiveness now. As far as the east is from the west, You remember my sins no more. In Your powerful name, Jesus, I command any demonic spirits that have gained access to me because of these lies to go where you send them and never return.

## THE TRUTH

Ask God what the truth is?

Ask God for Scriptures that affirm this truth?

Are you willing to receive it?

## FORGIVENESS

Ask God if there is anyone you need to forgive? Yourself? God?

**I choose to forgive \_\_\_\_\_ for \_\_\_\_\_.**

Ask God if You need to **forgive** yourself or someone for their actions and consequences that came as a result.

### Prayer FORGIVING YOURSELF

Jesus, I recognize that You have totally forgiven me. But I haven't forgiven myself for what happened **[be specific as possible here]**. Please forgive my pride for thinking that my sin is somehow too horrible for You to forgive. I acknowledge that You offered the perfect sacrifice for all my sins: past, present and future.

With humility I receive Your forgiveness. By the power of Your name, Jesus, I command any and all demonic spirits that have gained access to me through my unforgiveness to now go where You would send them, and never return. Holy Spirit, I ask You to fill any vacated places with Your Holy presence.

### Prayer for FORGIVENESS for ACTIONS AND CONSEQUENCES

*This prayer combines forgiving for what someone did with forgiving the consequences of the hurt. You can use portions of this prayer and adapt it to what God is doing in the person you're meeting with.*

Lord, I recognize that You have totally forgiven me. You've commanded me to forgive others just as You've forgiven me. I now choose to forgive **[person's name]** for their actions, the ways in which this has hurt me, and also for the long-term effects these hurts have had in my life **[be specific as possible.]**

I ask that You forgive me for not forgiving as You commanded. I choose to release this hurt and anger and release **[person's name]** from any debt owed me. I release this debt to You. In Your name, I command any and all demonic spirits that may have gained access to me through my unforgiveness to now go where You would send them and never return. Holy Spirit, I ask You to fill any vacated places within me with Your Holy presence.

## VOWS/STRATEGIES

*Are there any unbiblical **vows/strategies** you have made as a result of these lies?*

### Prayer to BREAK VOWS/STRATEGIES:

Lord Jesus, I bring to You the vow and/or strategy I made **[name it]**. I have relied on myself rather than trusting You and your infinite resources. I ask You to forgive me and I receive Your forgiveness. I repent and renounce this vow/strategy and declare it empty, null and void of power from this day forward. In Your name, I command any demonic spirits that held this vow/strategy in place to go where You would send them and never return. Jesus, I ask You to fill any vacated areas with a fresh filling of Your Spirit.

## PRONOUNCEMENTS

Are there any **pronouncements** (something said or implied about you from another person) made over me that need to be broken?

### Prayer to RENOUNCE PRONOUNCEMENT

Lord Jesus, I bring to You the pronouncement **[name it]** that **[name of person]** made over me. I recognize the power this has had in my life. In Your name, I, hereby, reject and renounce this pronouncement, declaring it empty, null and void of power. In Jesus name, I command any demonic spirits that gained access to me through this pronouncement to go now where You would send them and never return. Jesus, I further ask you to fill any vacated areas with a fresh filling of Your Spirit.

## HEAD TO HEART DISCONNECTION

*[It may be helpful to touch your head and place your other hand on your heart as you pray this prayer]*

### Prayer for HEAD TO HEART DISCONNECTION

Lord Jesus, You said You came to bring healing to the brokenhearted. One aspect of brokenness that I struggle with is the head to heart separation. Jesus, I see in Your Word that You experienced emotions and expressed them in appropriate ways. Your capacity to live from Your heart enhanced Your ability to be intimate with the Father and to connect with needy people. Would You be pleased to do this same work within me? I ask You now to come in a special way to connect my head with my heart. I know this is an event, but it is also a process. As I connect more deeply to my heart, will You allow me to hear more clearly from You? Would You let me experience Your love more fully, Your joy more deeply, and Your peace more profoundly? Would You also permit me to grow in compassion, sympathy and empathy, so that, like You, I would be moved to compassion for the lost and broken people who surround me? I thank You that this is something You are willing and eager to do for me.

## SOUL TIES

*Abuse has happened. There is an unhealthy attachment or dependence on another person, can be a controlling parent, friend or even a pastor. Sexual relationships outside of marriage.*

### Prayer to break SOUL TIES

Lord Jesus, I want to talk to You about the possible soul tie I have with **[name the condition, person or people]**. I confess this soul tie as sin because it has caused me to fall short of Your glory and has kept me from fully loving and serving You. I ask You to forgive me. Thank You for dying on the cross for all of my sin. I receive Your forgiveness. Thank You for washing me clean as the fresh-fallen snow.

In Your Powerful name, Jesus, I want to fully sever this soul tie. In Your name, I give back anything I have taken from **[name, condition]**. In Your name, I also take back anything **[name or condition]** has taken from me.

In Your name, I command any demonic spirits that may have gained access to me through this soul tie to leave and go where You would send them and never return. Holy Spirit, I ask You to come and fill any vacated places in my heart.

**Prayer, If there are a lot of PICTURES/IMAGES in relation to these SOUL TIES**

*You can also ask Jesus to show the person where He was in these memories in order to replace them with new memories.*

Jesus, I am completely unable to get these pictures/images out of my mind. In desperation, I lay them at Your feet and ask You to take them. I also reject, renounce, and command any sexual demonic spirits associated with these images to leave and go where You would send them and to never, ever return.

**Leader/Friend prays:** *Place your hand on their head and pray something like....*

In Your powerful name, Jesus Christ, I ask that the neural pathways of the brain where these images reside would be destroyed and that new pure and holy pathways would replace them.

**ANY REMAINING AREAS TO DEAL WITH?**

Is there anyone I need to ask for forgiveness from?

Is there anything left undone? Not the right time? Unable to forgive, etc.?

# SPIRITUAL WARFARE PRAYER

*If there is a lot of spiritual warfare or manifestations happening like confusion, agitation, sleepiness, distraction, nausea, etc. Have them pray this prayer or pray it on their behalf:*

Heavenly Father, I bow in worship and praise before You. I cover myself with the pure shed blood of the Lord Jesus Christ as my protection during this time of prayer. I surrender myself completely and unreservedly to You in every area of my life. In the full authority of the true Lord Jesus Christ of Nazareth, I take a stand against all the working of Satan that would hinder me in this time of prayer and address myself only to You, the true and living God. I reject any involvement of Satan in my life. Satan, I command you in the name of the Lord Jesus Christ, to leave my presence with all of your demons.

God, I'm thankful for the armor You've provided, and I put on the girdle of truth, the breastplate of righteousness, the sandals of peace, and the helmet of salvation. I lift up the shield of faith against all the fiery darts of the enemy and take up the Sword of the Spirit, the Word of God. I employ Your Word against all the forces of evil in my life. I put on Your armor and live and pray in complete dependence upon You, blessed Holy Spirit.

I am grateful Heavenly Father, that the Lord Jesus Christ spoiled all principalities and powers and made a show of them openly as He triumphed over them through the Cross. I claim Your victory for my life today. I reject out of my life all the insinuations, the accusations, and the temptations of Satan and his demons. I affirm that the Word of God is true, and I choose to live today in the light of Your Word. I choose, Heavenly Father, to live in obedience to You and in fellowship with You. Open my eyes and show me the areas of my life that do not please You. Work in me that there would be no ground for Satan to have a foothold in my life. Show me and areas of weakness. Show me any areas of my life that I need to deal with so that my conduct would be fully pleasing to You.

By faith and in dependence upon You, I put off the old self and stand in all the victory of the Crucifixion where the Lord Jesus Christ provided cleansing from the old nature. I put on the new self and stand in all the victory of the Resurrection and provision You have made for me to live free from sin. Therefore, I put off the old nature with its selfishness, and I put on the new nature with its love. I put off the old nature with its fear, and I put on the new nature with its courage. I put off the old nature with its weakness, and I put on the new nature with its strength. I put off the old nature with all its deceitful lusts, and I put on the new nature with all its righteousness and purity.

Heavenly Father, I pray that You would renew me with Your life; show me the ways that Satan may be hindering, tempting, lying, counterfeiting, and/or distorting the truth. Enable me to fully surrender to You. Enable me to be mentally steadfast and think Your thoughts after You, and to give You, Your rightful place in my life. Please enable me to hear your voice. Amen.

This guide is based on prayers and concepts from "A Guide for Listening and Inner Healing Prayer" by Rusty Rustenbach





# SEALING THE HEALING PRAYER

Thank You, Jesus, for all You said and did in my heart during this prayer time. *[Recount the things He did].*

I now ask You to cause all that You've accomplished to fall on good soil so that it would take root. I also ask You to prosper this work so that it would bear fruit both in my intimate experience of who You are and in my relationship with others — not just a little fruit, but 100 fold — extending outward in all my relationships with my parents, spouse, children, family, friends and in my ministry.

I forbid the enemy any remembrance of this prayer time and from striking back with any form of vengeance or violence. I ask You, Holy Spirit, to place a hedge of protection around me and those who prayed with me, our families, jobs, pets, possessions and ministries. In the name of Jesus, I command any and all demons to go now exclusively to where You, Jesus, send them and never return.

Jesus, may the Truth of all that You did and communicated sink deep, deep down into my innermost being. I know this is Your desire. I ask You to empower me to live from this new place of Truth and never return to the diseased places where the lies and vows once resided.

Finally, I ask that You would build into my life a lifestyle of listening to You: that You would prompt me to listen to You often. My petition is that as I listen, You'll call me forth to be who You created me to be, transforming me into the image of Your beloved Son.

In the name of God the Father, Jesus the Son and the Holy Spirit, I seal this work of grace You've wrought in my heart. Amen.

## Who am I in Christ

For whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, think on these things day and night. Hold on to the teachings of Christ. Then you will know the truth, by which you have been made holy, will set you free. (Phil. 4:8, Jos. 1:8, John 8:31, John 17:17)

|                   |  |
|-------------------|--|
| Matt 5:13         | I am the salt of the earth   |
| Matt 5:14         | I am the light of the world  |
| Mark 16:17        | I have received the power of the Holy Spirit to do great works.  |
| John 10:10        | I have abundant life   |
| John 10:14        | I know God's voice   |
| John 13:34-35     | I have love for others   |
| John 14:12        | I shall do even greater works than Christ Jesus.   |
| John 15:1,5       | I am a true vine, a channel (branch) of His (Christ) life  |
| John 15:15        | I am Christ's friend   |
| John 15:16        | I am chosen and appointed by Christ to bear fruit  |
| John 17: 21-23    | I am one in Christ   |
| John 1:12         | I am a Child of God (part of his family) (see Rom. 8:16)   |
| John 6:47         | I have everlasting life  |
| John 8: 31-33     | I am set free  |
| Rom. 1:7          | I am a saint called to be Holy   |
| Rom. 5:1          | I have been justified (completely forgiven and made righteous)   |
| Rom. 6:18         | I am a slave of righteousness  |
| Rom. 6:1-6        | I died with Christ and died to sin's rule over my life.  |
| Rom. 6:22         | I am enslaved to God   |
| Rom. 8:1          | I am free forever from condemnation  |
| Rom. 8:14,15      | I am a son of God (God is spiritually my father) (see Gal. 3:25 and 4:6)                                   |
| Rom. 8:17         | I am a joint heir with Christ sharing his inheritance with Him.  |
| Rom. 8:2          | I live by the law of the Holy Spirit   |
| Rom. 8:37         | I am more than a conqueror   |
| 1 Cor. 12:27      | I am a member of Christ's body (see Eph. 5:30)   |
| 1 Cor. 1:30       | I have been placed into Christ by God's doing  |
| 1 Cor. 1:7        | I do not lack any spiritual gift   |
| 1 Cor. 1:8        | I am established to the end  |
| 1 Cor. 2:16       | I have been given the mind of Christ   |
| 1 Cor. 2:12       | I have received the Spirit of God into my life that I might know the things freely given to me by God      |
| 1 Cor. 3:16, 6:19 | I am a temple (home) of God. His Spirit dwells in me.  |
| 1 Cor. 6:17       | I am joined (united) to the Lord and am one Spirit with Him  |
| 1 Cor. 6:19,20    | I have been bought with a price. I am not my own. I belong to God.   |
| 2 Cor. 1:21       | I have been established, anointed, and sealed by God in Christ and I have been redeemed (see Eph. 1:13,14) |
| 2 Cor. 2:14       | I always triumph in Christ   |
| 2 Cor. 5:14,15    | Since I have died, I no longer live for myself, but for Jesus Christ                                       |
| 2 Cor. 5:17       | I am a new creation (new person)   |

|                 |  |
|-----------------|--|
| 2 Cor. 5: 18,19 | I am reconciled to God, and I am a minister of Reconciliation  |
| 2 Cor 5:20      | I am an ambassador for Christ  |
| 2 Cor. 5:21     | I have been made righteous   |
| Gal 2:20        | I have been crucified with Christ & it is no longer I who live, but Christ lives in me. (I am now living Christ's life.) |
| Gal. 3:13       | I am redeemed from the curse of the law  |
| Gal 3:26,28     | I am a son of God and one in Christ  |
| Gal. 4:6,7      | I am an heir of God since I am a son of God  |
| Eph 1:1         | I am a saint (see 1 Cor 1:2, Phil 1:1, and Col 1:2)  |
| Eph 1:6         | I am accepted in Christ  |
| Eph 1:13,14     | I have been given the Holy Spirit as a pledge guaranteeing my inheritance to come  |
| Eph 1:3         | I have been blessed with every spiritual blessing  |
| Eph 1:4         | I have been chosen before the foundation of the world to be Holy and without blame before Him                            |
| Eph 1:5         | I was predestined (determined by God) to be adopted as His son   |
| Eph 1:7,8       | I have been redeemed, forgiven, and am a recipient of His lavish grace   |
| Eph 2:10        | I am God's workmanship, created in Christ Jesus to do His work that he planned beforehand that I should do.              |
| Eph 2:13        | I am brought near by the blood of Christ   |
| Eph 2:18        | I have direct access to God through the Holy Spirit  |
| Eph 2:19        | I am a fellow citizen with the rest of God's people in His family  |
| Eph 2:20        | I am built on the foundations of the apostles and Prophets, with Christ Jesus himself as the chief Cornerstone           |
| Eph 2:5         | I have been made alive together with Christ  |
| Eph 2:6         | I have been raised up and seated with Christ in heaven   |
| Eph 3:1 & 4:1   | I am a prisoner of Christ  |
| Eph 3:12        | I may approach God with boldness, freedom, and Confidence  |
| Eph 4:24        | I am righteous and holy  |
| Eph 5:1         | I am his faithful follower   |
| Eph 6:10        | I am strong in the Lord  |
| Phil 1:6        | I am being changed into His image  |
| Phil 3:14       | I press toward the goal for the prize of the high calling of God   |
| Phil 3:20       | I am a citizen of heaven and seated in heaven right now  |
| Phil 4:7        | I have the peace of God which passes all understanding   |
| Phil 4:13       | I can do all things through Jesus Christ   |
| Phil 4:19       | I have all my needs met by God according to his glorious riches in Christ Jesus  |
| Col. 1:13       | I have been delivered from the domain of darkness (Satan's Rule) and have been transferred to the kingdom of Christ      |
| Col. 1:14       | I have been redeemed and forgiven of all my sins (the debt against me has been canceled) (see Col. 13 – 14).             |
| Col. 1:27       | Christ himself is in me  |
| Col. 2:7        | I have been firmly rooted in Christ and I am now being built up in Him   |
| Col. 2:10       | I have been made complete in Christ  |
| Col. 2:11       | I have been spiritually circumcised (my old regenerated nature has   |

been removed)

Col. 2:12,13 I have been buried, raised, and made alive with Christ

Col. 2:6 I walk in Christ Jesus

Col. 3:12 I am chosen of God, holy, and dearly loved

Col. 3:1-4 I have been raised w/ Christ. I died with Christ. My life is now hidden with Christ in God. Christ is now my life

Col. 3:3 I am hidden with Christ in God

Col. 3:4 I am an expression of the life of Christ because He is my Life

1 Thes. 1:4 I am chosen and dearly loved by God

1 Thes. 5:5 I am a son of light and not of darkness

2 Tim. 1:7 I have been given a spirit of power, love, and self Discipline

2 Tim. 1:9 I have been saved and called (set apart) according to God's doing (Titus 3:5)

Heb 2:11 Because I am sanctified and am one with the sanctifier (Christ) He is not ashamed to call me brother

Heb 3:1 I am a holy brother partaker of a heavenly calling

Heb 3:14 I am a partaker of Christ in heaven...I share in His life

Heb 4:16 I have a right to come boldly before the throne of God (Throne of grace) to find mercy and grace in time of Need

James 1:18 I am the first fruits among His creation

1 Pet. 1:23 I am God's child born again of the incorruptible seed of the word of God which lives and abides forever

1 Pet. 2:11 I am an alien and stranger to this world in which I temporarily live

1 Pet. 2:24 I am healed by the wounds of Jesus

1 Pet. 2:5 I am one of God's, living stones, and am being built up (In Christ) as a spiritual house

1 Pet. 2:9,10 I am a chosen race, a royal priesthood, a holy nation, for God's own possession to proclaim the Excellencies of Him

1 Pet. 5:8 I am an enemy of the devil

2 Pet. 1:4 I have been given exceedingly great, and precious promises by God, which I'm a partaker of the divine (God) nature

1 John 3:1,2 I am now a child of God. I will resemble Christ when He returns

1 John 4:17 I am in the world as He is in Heaven

1 John 4:4 I have spiritual authority

1 John 5:18 I am born of God and the evil one (Satan) can not touch Me

1 John 5:4 I have overcome the world

Rev 1:6 I am a king and a priest unto God

Rev 21:7 I am victorious

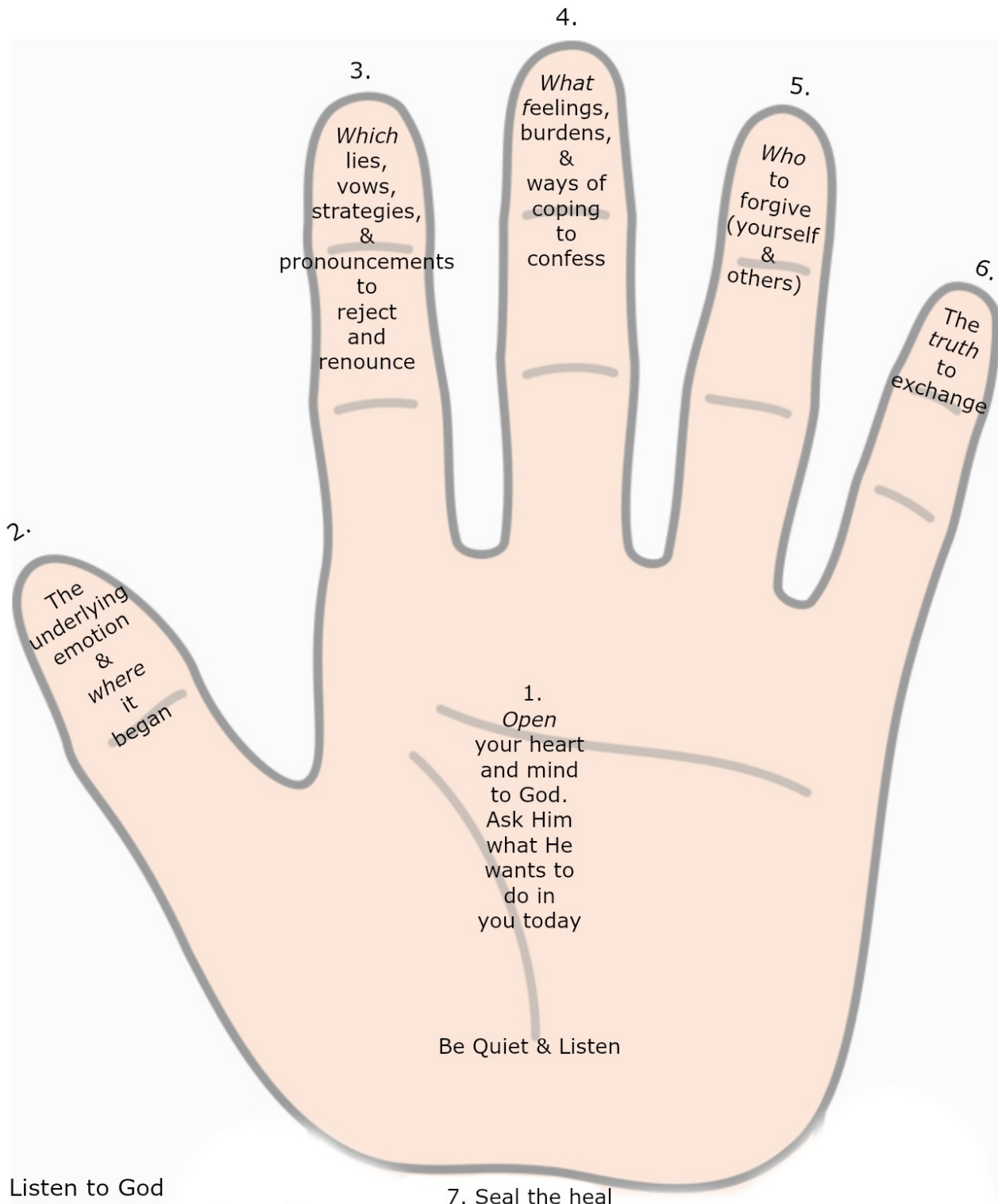
Deut. 28: 1-14 I am blessed

Deut. 28:2 I am filled with blessings

Ps. 17:8 I am the apple of my Father's eye

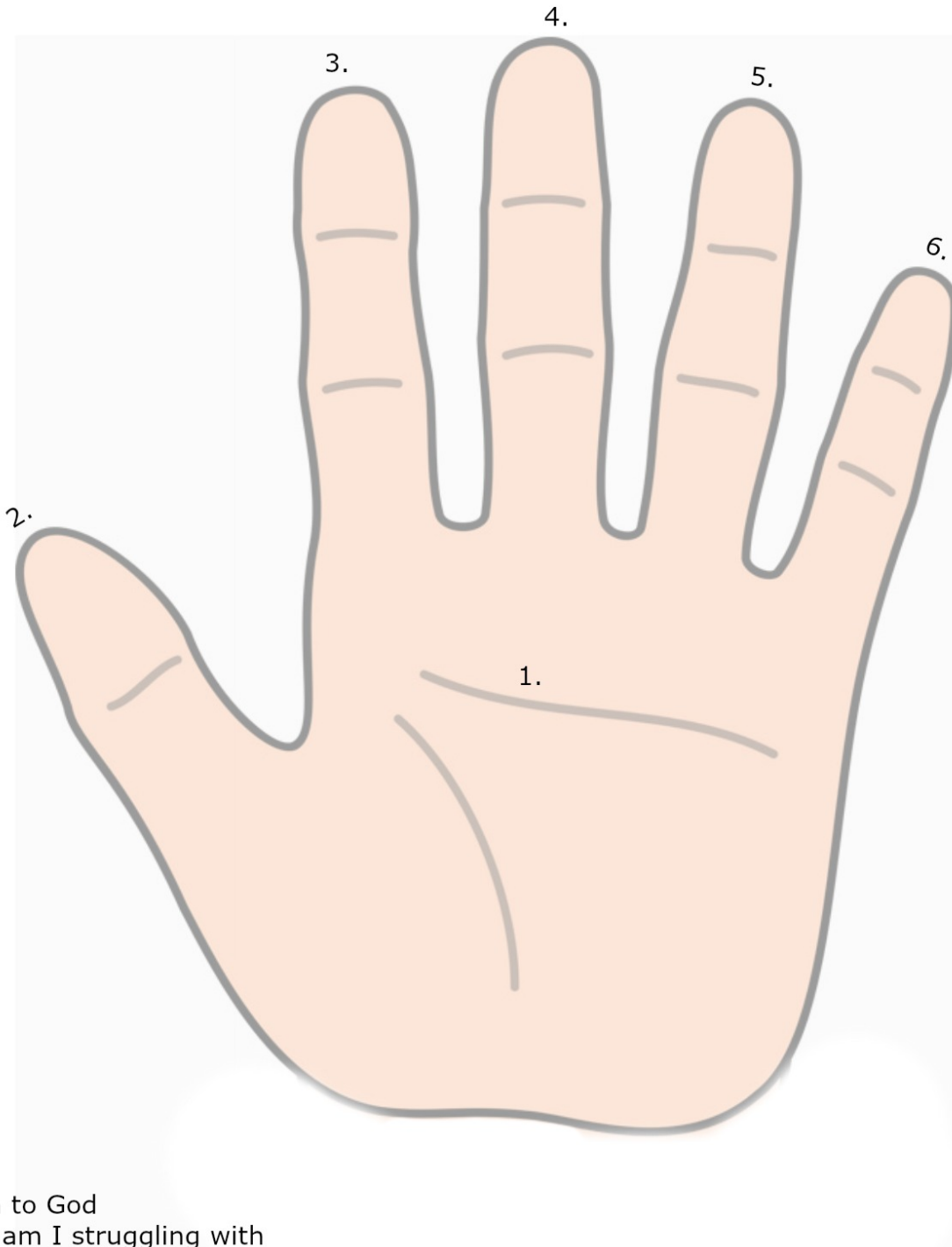
Jer. 31:3 I am loved with an everlasting love

# Ask Jesus to reveal:



1. Listen to God
2. What am I struggling with
3. What lies am I believing, because of it - 1 Peter 5:17
4. Cast your cares to Jesus. He will care for you - 1 Peter 6:17
5. Forgiveness isn't letting them off. It's letting God be their judge, not you - Matthew 18: 21-35
6. The truth and living from it will transform you - John 8:30-32
7. Take back your true identity and you will bear fruit

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# GODHEAD SCRIPTURES

## FATHER GOD

### **1 John 4:16**

And so we know and rely on the love **God** has for us.  
**God** is love. Whoever lives in love, lives in **God**, and **God** in them.

### **1 John 1:5**

This is the message we have heard from Him and declare to you:  
**God is light**; in Him there is no darkness at all.

### **2 Peter 3:9**

The **Lord** is not slow in keeping His promise, as some understand slowness.  
Instead He is patient with you, not wanting anyone to perish,  
but everyone to come to repentance.

### **Matthew 6:26**

Look at the birds of the air; they do not sow or reap or store away in barns,  
and yet Your heavenly **Father** feeds them. Are you not much more valuable than they?

### **Isaiah 41:9-10**

I took you from the ends of the earth,  
from its farthest corners I called you.  
I said, 'You are my servant';  
I have chosen you and have not rejected you.  
So do not fear, for I am with you;  
do not be dismayed, for I am your **God**.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.

### **Psalms 19:1-4**

"They have no speech, they use no words;  
no sound is heard from them. The heavens declare the glory of **God**;  
the skies proclaim the work of his hands. Day after day they pour forth speech;  
night after night they reveal knowledge. Yet their voices go out into all the earth,  
their words to the ends of the world.

**Psalm 91:9-13**

If you say, "The **Lord** is my refuge,"  
and you make the **Most High** your dwelling,  
no harm will overtake you,  
no disaster will come near your tent.  
For He will command his angels concerning you  
to guard you in all your ways;  
they will lift you up in their hands,  
so that you will not strike your foot against a stone.  
You will tread on the lion and the cobra;  
you will trample the great lion and the serpent.

**Psalm 44:21** Would not God search this out? For He knows the secrets of the heart.

**Psalm 139:16** Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them.

**Psalm 139:17** How precious also are Your thoughts to me, O God! How great is the sum of them!

**Psalm 139:18** If I should count them, they would be more in number than the sand; When I awake, I am still with You.

**Psalm 139:23** Search me, O God, and know my heart; Try me, and know my anxieties;

**Psalm 139:24** And see if *there is any* wicked way in me, And lead me in the way everlasting.

## JESUS

**Isaiah 9:6**

For to us a child is born, to us a **Son** is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, and Prince of Peace.

**Col. 1:15-16**

The **Son** is the image of the invisible God, the firstborn over all creation. For in Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through Him and for Him.

**John 15:15**

I no longer call you servants, because a servant does not know his master's business. Instead I have called you friends, for everything that I learned from my Father I have made known to you.

**1 Peter 5:7**

Cast all your anxiety on **Him** because He cares for you.



### **John 8:12**

Again **Jesus** spoke to them, saying, "I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life."

### **John 10:11-13**

"I am the good **Shepherd**. I know my sheep and my sheep know me - just as the Father knows Me and I know the Father - and I lay down my life for the sheep. I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd. The reason my Father loves Me is that I lay down my life - only to take it up again. No one takes it from Me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father."

**Hebrews 12:2** looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

### **Isaiah 61:1-3**

The Spirit of the Sovereign Lord is on Me,  
because the Lord has anointed Me  
to proclaim good news to the poor.  
He has sent me to bind up the brokenhearted,  
to proclaim freedom for the captives  
and release from darkness for the prisoners,  
to proclaim the year of the Lord's favor  
and the day of vengeance of our God,  
to comfort all who mourn  
and provide for those who grieve in Zion —  
to bestow on them a crown of beauty instead of ashes,  
the oil of joy instead of mourning,  
and a garment of praise instead of a spirit of despair.  
They will be called oaks of righteousness,  
a planting of the Lord for the display of His splendor.

## **HOLY SPIRIT**

**Gen 1:1-2** In the beginning, God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the **Spirit of God** was hovering over the waters.

**Pro 20:27** (NASB) The spirit of man is the lamp of the LORD,  
Searching all the innermost parts of his being.

**John 4:23-24** "But an hour is coming, and now is, when the true worshipers will worship the Father in **spirit and truth**; for such people the Father seeks to be His worshipers. **God is spirit**, and those who worship Him must worship in **spirit and truth**."

**John 6:63** It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and *they* are life.

**John 14:16-17** And I will ask the Father, and He will give you another **advocate** to help you and be with you forever — **the Spirit of Truth**. The world cannot accept Him, because it neither sees Him nor knows Him. But you know Him, for He lives with you and will be in you.

**John 14:25-27**

“All this I have spoken while still with you. But the **Advocate, the Holy Spirit**, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

**Roman's 8:14-15**

For as many as are led by the **Spirit of God**, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

**Romans 8:26**

In the same way, the **Spirit** helps us in our weakness. We do not know what we ought to pray for, but the **Spirit** himself intercedes for us through wordless groans.

**Galatians 5:22**

But the **fruit of the Spirit** is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

**1 Corinthians 2:9-14**

**1Co 2:9** But as it is written: "EYE HAS NOT SEEN, NOR EAR HEARD, NOR HAVE ENTERED INTO THE HEART OF MAN THE THINGS WHICH GOD HAS PREPARED FOR THOSE WHO LOVE HIM."

**1Co 2:10** But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God.

**1Co 2:11** For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God.

**1Co 2:12** Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God.

**1Co 2:13** These things we also speak, not in words which man's wisdom teaches but which the Holy Spirit teaches, comparing spiritual things with spiritual.

**1Co 2:14** But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned.

**2 Corinthians 2:9-14**

**2Co 3:17** Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty.

**2Co 3:18** But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

**1 John 2:27** But the anointing which you have received from Him abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things, and is true, and is not a lie, and just as it has taught you, you will abide in Him.

**Isaiah 48:17**

This is what the Lord says —  
your Redeemer, the **Holy One** of Israel: “I am the Lord your God,  
who teaches you what is best for you, who directs you in the way you should go.

**John 16:13**

When the **Spirit of Truth** comes, He will guide you into all the truth, for He will not speak on his own authority, but whatever He hears He will speak, and He will declare to you the things that are to come.

# RESOURCES

*A Guide for Listening and Inner Healing Prayer*, by Rusty Rustenbach

*Free to Live*, by John Eldredge (Good overview of living free and why its hard sometimes)

*SOZO Saved Healed Delivered*, by Dawna De Silva and Teresa Liebscher

*2 Hours to Freedom*, by Dr. Charles Kraft

*Waking the Dead*, by John Eldredge (Wake up to the battle for your heart )

*The Way of the Heart*, by Henri Nouwen (Help connect your head to your heart)

*The Nature of God*, by Graham Cooke (Really see and experience who God is for you)

*The Nature of Freedom*, by Graham Cooke (Yep, more freedom)

*The Bondage Breaker*, by Neil Anderson (The nature of bondage and how to break it)

*Seven Steps to Victory*, by Neil Anderson (A short guide to breaking bondage)

*Blessing Your Spirit*, by Sylvia Gunter and Arthur Burke (Uses scripture and blessing to build up and strengthen your spirit to walk in the life God has for you)